

Montag , 29.04

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Veronika

12:15 - 13:05

BBP (Bauch, Beine,
Po) / Bodytone
Cynthia

18:00 - 18:30

Core Training
Luana

18:35 - 19:30

Functional Workout
Luana

Dienstag , 30.04

08:30 - 09:25

Pilates
Veronika

09:40 - 10:35

Fit ab 60
Veronika

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Veronika

19:10 - 20:05

BodyART
Veronika

Mittwoch , 01.05

09:15 - 10:10

P.I.I.T Special
Daniela

11:30 - 12:25

Cycling Special
Team

Donnerstag , 02.05

08:10 - 09:05

BodyART
International
Veronika

09:15 - 10:10

BBP (Bauch,
Beine, Po) /
Bodytone
Luana

10:20 - 11:15

Cycling
Barbara

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Anita

19:10 - 20:05

Cycling
Manuel

Freitag , 03.05

08:45 - 09:40

Pump Workout
Jenny

09:55 - 10:50

Rückenfit
Susanne

12:15 - 13:10

Pump Workout
Saskia

17:00 - 17:55

Yoga
Jenny

Samstag , 04.05

09:15 - 10:10

Pilates
Veronika

10:30 - 11:25

Cycling
Barbara

Sonntag , 05.05

10:00 - 10:55

Zumba
Deniz

11:15 - 12:10

Cycling
Manuel